

A systematic review of interventions to increase physical activity among South Asian adults

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Highlights

- To the best of our knowledge, this is the first systematic review to examine the content and delivery mode the content and delivery mode of interventions designed to increase physical activity among South Asian people aged 18+ years
- The review demonstrates limited PA interventions and a lack of research on effective PA interventions specific to SA adults.
- This systematic review suggests that making cultural adaptations to PA interventions **shows promise, but the evidence base presented currently is not strong. This does not mean that adopting such an approach is ineffective, but that the evidence base is currently lacking.**